

Among Friends



Fond du Lac Senior Center ...*where friends meet!*

JUNE 2017

Proudly serving the Fond du Lac community for 50 years!

SENIOR SUMMER GAMES

Wednesday, July 12

10am to 1:30pm

Lake View Place

Everyone Welcome!

Join in the games! We have Ladder Ball, Bean Bag Toss, Poker Walk, Horse Races & Shake of the Day!

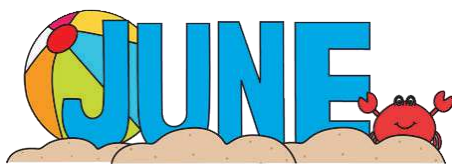
Sponsored by the Senior Wellness Coalition:

Aging and Disability Resource Center, Agnesian HealthCare, Fond du Lac Lutheran Homes, Fond du Lac Senior Center, Frontida Assisted Living, Generations Home Care and Hospice Inc., Harbor Haven Health and Rehabilitation, Heartland Hospice, Lake View Place, Lincoln House Assisted Living, ManorCare Health Services, Rehab Arisces, Visiting Angels



**Please see page 4 for more details
on registering for this event!**

2017



A Free Monthly Publication
Vol. 8 • No. 6

What's Inside

Cathy's Corner	2
Scrip Gift Cards.....	3
Senior Summer Games	4
Programs & Activities.....	5-7
Monthly Movies.....	8
Dining	9
Health & Wellness	10-11
Outreach	12
Club Feature of the Month.....	13
Activity Calendar	14-15
Wall of Art	17
Computer Classes.....	17
Happy Travelers.....	18-19
Ongoing Activities	20
Brown Paper Packages Gift Shop ...	21
Ongoing Activities	22-23
Community Announcements	24-25
Membership Application.....	27



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Friends bylaws available at our Center. Visit us online at www.fdlseiorcenter.com

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



If I would say “this occurs when a planet's rotational axis, in either northern or southern hemispheres, is most inclined toward the star that it orbits”, would you know what I was talking about? It's the first day of summer! I don't know about you, but when I think of the first day of summer I envision flowers, the smell of fresh cut grass, and the warmth of the sun. To me, there is a laid back feeling to summer where we are able to take advantage of the beauty of our state and all of the activities that summer brings.

There is another reason that I wanted to talk to you about the Summer Solstice. June 21st is recognized by the Alzheimer's Association as “The Longest Day”. As the Alzheimer's Association says, “For those facing Alzheimer's, every night and day are the longest! Show them they are not alone by participating in The Longest Day – a tribute event to honor those facing Alzheimer's.”

Do you know someone with Alzheimer's disease or another form of dementia? It's hard to find someone who hasn't been affected. The Alzheimer's Association's facts about dementia are mind boggling:

- ✿ Since 2000, deaths from heart disease have decreased by 14% while deaths from Alzheimer's disease have increased by 89%
- ✿ 1 in 3 seniors dies with Alzheimer's or another dementia
- ✿ Every 66 seconds someone in the US develops the disease
- ✿ More than 15 million Americans provide unpaid care for people living with Alzheimer's or another dementia
- ✿ More than 5 million Americans are living with Alzheimer's and by 2050 this number could rise as high as 16 million

What will you do for The Longest Day? There are several events being held locally that you are welcome to join. There is additional information on page 25 of this newsletter and I would encourage you to watch our Facebook page and our bulletin boards for more information. The Alzheimer's Association is also asking everyone to “Go Purple In June” to support Alzheimer's and Brain Awareness Month.

I also wanted to let you know that the Senior Center will be having a team at this year's Walk to End Alzheimer's on Saturday, October 7th at Moraine Park. If you are interested in joining us, just let me know – we would love to have you as part of our team!

And most importantly, I wanted you to know that if one of these statistics refers to you or a loved one, you are not alone. There are many community resources to help so please reach out to us if you have questions.

Enjoy the longest day of the year~

Cathy



Scrip Gift Cards Available!

Let the Brown Paper Packages Gift Shop help you with your gifting and shopping! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!

What is Scrip? Scrip means "substitute money," and is a universal name for real and negotiable paper gift certificates or prepaid debit cards that are used just like cash. You can use scrip to purchase everyday expenses like food, clothing and other essentials; and with every purchase, you earn revenue for our Center! Buy yours today!

Cash or Check **Only**. Other Cards are available, please ask!



Newsletter Crew

Editor.....Cathy Loomans
Coordinator.....Christina Thor
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

Information must be submitted at least six weeks prior to the event in order to be included in the newsletter. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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SENIOR SUMMER GAMES

Wednesday, July 12
10 AM - 1:30 PM
Lake View Place

A picnic lunch will be offered for **\$5.00** and includes a **brat or burger, baked beans, chips, and a beverage**. A dessert buffet is also included. Pre-register and pay the \$5.00 at the Fond du Lac Senior Center, 151 E. 1st Street, by Monday, July 3.

Although the games are free for participation, pre-registration for the \$5.00 lunch is required. To help with planning, pre-register by Monday, July 3, so that schedules can be arranged and games finalized. Which games would you like to participate in? We'll show you how the games are played. No experience is needed.

10:00 a.m.	Check in; get water & a healthy snack
10:00 – Noon	Summer Games—see list below & pre-register by July 3
10:30 a.m.	Poker Walk—pre-planned route around the Lake View Place grounds <i>at your own pace</i>
11:00 – Noon	Bingo—try your luck!
Noon–1:00 p.m.	Picnic Lunch (Must pre-register by July 3)
	Musical Entertainment by Ron Williams
1:00 – 1:30 p.m.	Awards and Door Prize Drawing

Please bring your own lawn chair. There are a limited number of picnic tables.

Please mail to the Fond du Lac Senior Center or drop off at 151 E. 1st Street by Monday, July 3.

NAME _____

ADDRESS _____ **PHONE** _____

☐ **YES**, I will have the picnic lunch: CHOOSE ONE: ☐ Brat **OR** ☐ Burger

\$5.00 Payment ☐ Check # _____ **OR** ☐ Cash Date _____ Clerk _____

☐ **NO THANKS**, I do not want the lunch.

PLEASE REGISTER ME FOR:

☐ Ladder Ball ☐ Bean Bag Toss ☐ Poker Walk ☐ Horse Races ☐ Shake of the Day

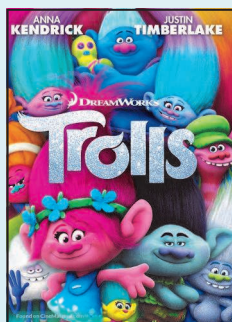
Friday Flicks with the Grandkids

Friday, June 16 at 1:00 p.m.

Seniors are encouraged to bring their grandchildren or a special young person!

MOANA

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master wayfinder. Together, they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds.



SAVE THE DATE July's Movie: **TROLLS**

**Friday, July 21
at 1:00 p.m.**

Please call 322-3630 to register for either movie!



Bagels with Ben Tuesday, June 13 at 9 a.m.

Get your investment questions answered!

Ben Baertschy, Financial Advisor with Edward Jones Investments, will answer your investment questions, give a market update and discuss investment strategies at our Center. Bagels from The Bagelmeister will be provided! Call (920) 322-3630 to register.

It's FREE to attend!

AARP Annual Summer Picnic



Wed., June 21

Wednesday, June 21

11:30 a.m. Social, 12:00 p.m. Luncheon
Followed by musical entertainment by the Singing Class—directed by Kathryn Staley-Hamm

North Fond du Lac Community Ctr
230 Garfield Street, North Fond du Lac

Door Prizes—Raffle—Great Food—Entertainment

All are Welcome!

Menu: Catered by Entrees on Trays

**Hot Ham & Hot Beef, Baked Beans,
Potato Salad, Fruit Fluff, Brownie and
Beverage**

Cost: \$11 Per Person

Make check payable to: AARP Chapter 614
Fill out the registration form below and drop off with payment at the FDL Senior Center, 151 E. First St., or mail to Charlotte Nelson, 377 Walker Street, Fond du Lac, WI 54935

**Registration deadline is
Friday, June 16.**

This event is sponsored by AARP Chapter 614

YES! I (We) will be attending the AARP Picnic!

Name(s) _____

Address _____

Phone _____ Amount Enclosed _____

Please include this form with your payment.

Programs & Activities



GENEALOGY CLUB

Wednesdays
at 1:00 p.m.

Come join this open discussion about ancestry! Meet new friends and gain some interesting insight! Drop-ins welcome!

Melodies and Memories Choir

Thursday, June 8

3:30– 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun?

Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.



There is no admission fee—just stop by!

Pick up a new class or hobby, meet new friends and keep busy this summer!

Art Classes

Session 1: June 6, 13, 20, 27

Session 2: July 11, 18, 25

(no class on July 4)

Classes we offer are:

- **Oil Painting:** Tuesdays, 10am–noon
- **Drawing/Watercolor:** Tuesdays, 1pm–3pm
- **Mixed media** is now being incorporated into the 10am and 1pm classes

Please sign up at the Front Desk!



\$16 for a
4-class
punch card!

AARP MEETING

AARP

There will be no regular monthly meeting due to Annual Summer Picnic this month.

MaryAnn Lapine's Make-n-Take Classes

Wine Glass Painting Classes



TWO DATES!

Session 1: Thursday,
June 8 at 5:30–8:00pm

Session 2: Friday, June 9
at 1:00–3:30pm

Bring home two wine glasses!

Beginning Jewelry Making Class

Friday, June 16 at 1:00–3:30pm

Design your own jewelry. You can either make a 'bracelet and earrings' or a 'necklace and earrings' during this fun class!



As always, no experience is needed. We aim to have fun in this creative environment! It's \$10.50 per person for each class and all supplies are included in the cost. Please register and pay at the Front Desk.

Programs & Activities

7



Bike Rides **Wednesday, June 21 at 10:30 a.m.** **Lakeside Park—De** **Nevue Shelter** **Lunch at Gilles**

Enjoy the outdoors with a wonderful group of people, while staying active!

Bikers should bring a water bottle, money for lunch (if you want lunch) & 50¢ for donation. We will be biking a portion of the Fond du Lac Loop Trail.

June's Rain Date: June 22 at 10:30 a.m.

Please call our front desk at 322-3630 to register!

July's Bike Ride:

Wednesday, July 19 at 10:30 a.m. at the Wild Goose Trail on Rolling Meadows Drive. We will biking ~6 miles to Oakfield. While in Oakfield, you have a choice of grabbing a burger if you wish.

July's Rain Date: July 20 at 10:30 a.m.

Beginning Card Making Class

Tuesday, June 20 at 2:00 p.m.

2:00 pm to 4:00 pm

Cost: \$5.50 per person

Create two beautiful cards for any upcoming occasion! Christine Bertram will teach you everything you need to know about stamps, papers, inks, cutting tools & adhesives. Materials are included with the cost!

Deadline to register:
Monday, June 19 at 12PM



Upcoming Umbrella Brigade Performance

Are you ready for the Red Hatter's Umbrella Brigade performance this month? This amazing group will be spreading a little sunshine on:



Friday, June 9; 2:30 p.m. at Woodlands Senior Living, 1446 Lynn Ave



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

BREAKFAST AT SCHREINER'S

Wednesday, June 7 at 9am

Schreiner's (Pioneer Rd & W Johnson St—168 N Pioneer RD, FDL)

The Red Hat Honey's are going to have a honey of a breakfast. Join us for good food and great conversation.

Cost: "Dutch Treat"

Registration Deadline:

Limit: 16 people

Friday, June 2nd

And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you're interested!



MAHJONG

Tuesdays at 1 p.m. AND Thursdays at 12:30 p.m.



New to Mahjong? Come to our meeting and we'll teach you! Come enjoy an afternoon of fun and games with a great group of people!

Outdoor Games at the Center!

Can't find anything to do outdoors this summer? We have Yard Yahtzee, Bocce Ball, Corn Hole and Washer Box equipment available upon request! Form a team or play one-on-one and play any time on the days we are open and when the weather cooperates! Call the Front Desk at 322-3630 to reserve the game equipment!



Monthly Movies



Thursday, June 8: COLLATERAL BEAUTY

11:45 a.m. Lunch (optional);
1:00 p.m. Movie

2016; 1 hr 37 mins; PG-13; Drama/
Romance; Starring: Will Smith, Edward
Norton, Kate Winslet

When a successful New York
advertising executive suffers a great
tragedy he retreats from life. While his
concerned friends try desperately to reconnect with him, he
seeks answers from the universe by writing letters to Love,
Time and Death. But it's not until his notes bring unexpected
personal responses that he begins to understand how these
constants interlock in a life fully lived, and how even the
deepest loss can reveal moments of meaning and beauty.



Wednesday, June 21: HIDDEN FIGURES

11:45 a.m. Lunch (optional);
1:00 p.m. Movie

2017; 2 hr 7 mins; PG; Biography/
Drama/History; Starring: Taraji P.
Henson, Octavia Spencer, Janelle
Monae

Katherine G. Johnson, Dorothy
Vaughan and Mary Jackson (brilliant African-American
women working at NASA) served as the brains behind one of
the greatest operations in history: the launch of astronaut
John Glenn into orbit, a stunning achievement that restored
the nation's confidence, turned around the Space Race and
galvanized the world. The visionary trio crossed all gender
and race lines to inspire generations to dream big.

Mark your calendar for July movies:

Thursday, July 6 at 1:00 PM: La La Land

Wednesday, July 26 at 1:00 PM: A Dog's Purpose

Thinking about joining us for lunch?
Read about the Senior Dining Program
on page 9 for more details!

Thanks to Moraine Park Technical College for sponsoring movies at our Center!

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ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch. You don't have to be retired (or old) to join in on the camaraderie & fun!

Thursday, June 1
Faro's

Thursday, July 6
Schmitt's

Call our Center at (920) 322-3630 to pre-register!



Tuesday Night Dining Group

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

June 6	Paddy's
June 13	Blanck's Lake Aire
June 20	Jim & Linda's
	Lakeview Supper Club
June 27	Gino's

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at
(920) 269-4180.

SUPPER CLUB

The Supper Club is a program for anyone who wants to go out to eat with friends or meet new ones! You MUST call our Center at (920) 322-3630 if you are interested in attending.

Fat Joe's

Saturday, June 24

Social: 5:00 p.m. ; Dinner: 5:30 p.m.



2017 DINE OUT COUPON BOOKS

Save money while eating at your favorite local restaurants! Our

Dine Out Coupon Books have over 55 coupons from 45 different restaurants! Purchase a coupon book in the Brown Paper Packages Gift Shop today!

June 2017

Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Thursday, June 1: Glazed Ham
- Friday, June 2: Orange Chicken
- Monday, June 5: Salisbury Steak
- Tuesday, June 6: Lasagna Casserole
- Wednesday, June 7: Meatballs in Honey
- Thursday, June 8: Pork Steak
- Friday, June 9: Liver and Onions
- Monday, June 12: Roast Beef
- Tuesday, June 13: Baked Chicken
- Wednesday, June 14: Ring Bologna
- Thursday, June 15: Chili Casserole
- Friday, June 16: Fruited Chicken
- Monday, June 19: Ham Rolls
- Tuesday, June 20: Meatloaf
- Wednesday, June 21: Roast Turkey
- Thursday, June 22: Hawaiian Meatballs
- Friday, June 23: Salmon Loaf
- Monday, June 26: Chicken Breast
- Tuesday, June 27: Beef Frank on a Bun
- Wednesday, June 28: Baked Chicken
- Thursday, June 29: Beef Stroganoff
- Friday, June 30: BBQ Pork Cutlet

Come dine with friends!

Balance & Body Movement Class on Fridays from 10–10:30AM

Laurence Lewis leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

**NO
REGISTRATION
REQUIRED
FREE
ADMISSION,
JUST DROP IN!!**



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Docter

Mondays 9:00–9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 10:00–10:30 a.m.



Hiking Group

This group meets on Tuesdays

& Thursdays at 10 a.m. *Please call Ruth at 921-7192 for more information.*

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian
Friday, June 9; 9:00 a.m.

No appointment needed.
Donations accepted.



BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services
Friday, June 9; 9:00 a.m.

No appointment needed. *12-hour fast required.*
Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center
Friday, June 9; 9:00 a.m. FREE hearing screenings and FREE hearing aid cleaning.
Please call 322-3630 for an appointment.
Donations accepted.

FOOT CARE (ROUTINE NAIL CARE) Cost \$25

Sponsored by FDL County Health Department
June 8, 15, 22; July 6, 20, 27 (Thursdays)
Call 322-3630 for an appointment.

CARDIO DRUMMING

Come join us on Tuesdays at 3:15 p.m.
Feel the music. Feel the burn!

First class is free!!!

Punch cards are sold at the front desk for \$24, which is valid for 8 classes!



LINE DANCING CLASS

Beginning Country Line Dancing

Thursday AMs during the summer

9am to 10:30am

Session 1: June 1, 15, 22

Session 2: July 6, 13, 20

Country Line Dancing

Thursdays

6pm to 7:30pm

Session 1: June 1, 15, 22, 29

Session 2: July 6, 13, 20, 27

\$10 for a 4 class punch card available at the Front Desk!



Yoga Fit with Kirsten Quam

(also the Zumba Gold instructor)

Every Saturday, 9-10:00 AM

\$5 walk-in or 10-class punch cards for \$40.00 from instructor

No registration required.

Just drop in!



Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!

Tuesday mornings 9:00-10:00 a.m.

Next session: May 16– July 11 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

Please register and pay at the Front Desk.



Self Defense Class on Fridays from 9–10am

*with Laurence Lewis
(also teaching the Balance & Body Movement Class)*



**No registration required
Free admission, just drop in!!**



Bike Rides

Please see page 7 for more details!



ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in or a 10 class punch cards \$40.00 available from instructor

Reaching Out – Touching Lives

*Sponsored in part by
Fond du Lac Area United Way*

Senior Outreach Program

Outreach volunteers will meet on **Thursday, June 1 at 9:00 a.m.** at our Center for the monthly Outreach meeting.

Note: This is for Outreach Program Volunteers Only



The Senior Outreach Program is funded in part by:

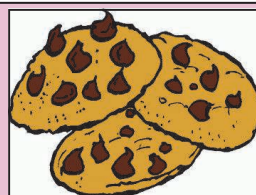
Friends of the Fond du Lac Senior Center, Inc.
Fond du Lac County Department of
Community Programs
Fond du Lac Area United Way
Fond du Lac Area Foundation



Community Cares

The next Community Cares visit will be on **Tuesday, June 27, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

If you would like to participate or have questions, call 322-3641. Sharing an hour of your time can make a difference in the life of a senior.



Group Community Cares

“Cookies & Chat”

Outreach volunteers will meet on **Wednesday, June 14 at 2:00 p.m. at All About Life.**

Note: This is for Outreach Program Volunteers Only

Do you like to make others smile?

Join one of our outreach programs to help decrease isolation in our community and make someone's day brighter! Here is a list of our Senior Outreach Programs:

Community Cares: Visit a local nursing home or assisted living facility once a month for an hour. You will go with other volunteers from our Center and visit one-on-one with residents who get few visitors. Visits are once a month or every other month.

Caring Companions: A supportive program providing companionship to seniors in the community. Volunteers are paired with a “friend” and asked to visit them for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Outreach Coordinator will match you with a client and provide training and support.

Caring Companion Community Partnerships: A supportive program providing companionship to seniors in local senior living communities. Volunteers are paired with a local nursing home or assisted living facility and asked to visit the individuals who reside there for at least one hour a week. Volunteers need to be 50 or older, good listeners and respect confidentiality. The Senior Center Outreach Coordinator will match you with a facility and provide training and support.

Friendly Phone Calls: A program for seniors who have limited contact with family and friends. Monday through Friday a call is placed to check in and say “Hello.” Calls can be made from the comfort of your own home.

Senior Center Friendly Visits: A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.

Learn more about our Outreach Opportunities & how to volunteer by calling Sarah at (920) 322-3641.

Woodcarving Club

Meets on Mondays at 9:00 a.m.

The Woodcarving Club meets once a week and carve wood in a fun, creative atmosphere!

Interested in woodcarving? This is a great opportunity to express your creative side! Newcomers are welcomed. No registration required.

For more information, call the Front Desk at (920) 322-3630.



Fond du Lac
Karen



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June



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is Senior Dining required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com </div> <div> Fellowship, Food & Fun </div> </div>				
5 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Washer Box League 1:00 Euchre 1:00 Recreational Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold	6 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 AMP—Community Engagement 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Mahjong 1:00 Stitchery & Watercolor Class 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers at NFDL HS 6:30 Senior Dining-Paddy's Social at 5:30	OFFSITE SUPPORT GROUPS Mon 6/12 10:00 Parkinson's Support Group- Aurora Health Care Tues 6/13 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant Tues 6/20 4:00 Diabetic Support Group at Aurora Health Care Center ** All Orange Events are held Offsite Outdoor Games available to reserve at the Center 	1 8:00 Skat 9:00 Senior Outreach 9:00 Hand Chimes 9:00 Beg. Country Line Dance 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—Faro's 12:30 Bridge 12:30 Mahjong 1:00 Cribbage 1:00 Flying Geese Quilters 5:45 TOPS #0566 6:00 Local Parents of Angels 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	2 9:00 Self Defense Class 10:00 Balance and Body Movement 1:15 Sheephead 1:30 Game Day 3 Saturday 9:00 Yoga Fit Happy Travelers Trip-Riverside Theater "Danny O'Donnell" 4 Sunday
5 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Washer Box League 1:00 Euchre 1:00 Recreational Euchre 1:00 Poker 1:15 Sheephead 5:30 Zumba Gold	6 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing 10:00 AMP—Community Engagement 12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Mahjong 1:00 Stitchery & Watercolor Class 1:00 Drawing & Watercolor Class 3:15 Cardio Drumming 6:00 Winnebago Woodworkers at NFDL HS 6:30 Senior Dining-Paddy's Social at 5:30	7 8:30 SCAMP 9:00 Red Hat at Schreiners 9:00 Hand Chimes 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheephead 1:00 Genealogy Group 1:15 Sheephead 7:30 Wed Night Dance	8 8:00 Skat 8:15 AARP Drivers Safety 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 12:30 Mahjong 1:00 Movie— Collateral Beauty 1:00 Cribbage 3:30 Melodies and Memories Choir 5:30 Wine Glass Painting Class 5:45 TOPS #0566 7:00 Sunset Stitches Happy Travelers Trip—"Tommy Gun's Garage" Interactive Dinner Show	9 Health Screenings—Sponsored By Lutherau Hm & Agnesian 9:00 Hearing Screening and Hearing Aid Cleaning 9:00 Self Defense Class 10:00 Balance and Body Movement 1:00 Wine Glass Painting Class 1:15 Sheephead 1:30 Game Day 2:30 Umbrella Brigade@Woodlands 10 Saturday 9:00 Yoga Fit 11 Sunday Happy Travelers Trip Leaves for Niagara Falls & Toronto
12 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Washer Box League	13 9:00 Tai Chi 9:00 Bagels with Ben 10:00 Hiking 10:00 Acrylic & Oil Painting Class	14 8:30 SCAMP 10:30 Hand Chimes at Woodlands 9:30 Ladies Golf League at Oakgreen Golf Course 10:00 Jam Session —All	15 8:00 Skat 10:00 Hand Chimes at Tower View 10:00 Agnesian Presenter-Laura Suprenand "Keep Your Feet Happy"	16 9:00 Self Defense Class 10:00 Balance and Body Movement 1:00 Friday Flicks with the Grandkids—Moana

1:00 Euchre	12:30 Bridge	10:00 Video Chair Exercise	9:00 Foot Care	1:00 Beg. Jewelry Making Class
1:00 Recreational Euchre	1:00 Bingo-Sponsor: Harbor Haven	12:00 Hand & Foot	9:00 Beg. Country Line Dance	1:15 Sheephead
1:00 Poker	1:00 Mahjong	1:00 Recreational Sheephead	10:00 Hiking	1:30 Game Day
1:15 Sheephead	1:00 Stitchery Group	1:00 Genealogy Group	10:00 Scrapbooking	
5:30 Zumba Gold	1:00 Drawing & Watercolor Class	1:15 Sheephead	10:00 Beginning Bridge	
	1:00 MPTC - Which Smart Phone is Right for you	2:00 Community Cares-Cookies & Chat	10:45 Yoga	17 Saturday
	3:15 Cardio Drumming		12:30 Bridge	9:00 Yoga Fit
	6:00 Coin Club		12:30 Mahjong	
	6:00 Winnebago Woodworkers		1:00 Cribbage	18 Sunday
	6:30 Senior Dining-Blanck's Social at 5:30		5:45 TOPS #0566	
			6:00 Local Parents of Angels	
			6:00 Country Line Dancing	
			6:00 Chartastics Scrapbook Club	
19	20	21	22	23
9:00 Low Impact Chair Exercise	9:00 Tai Chi	8:30 SCAMP	8:00 Skat	9:00 Friends Board
9:00 Woodcarving Club	10:00 Hiking	9:00 Hand Chimes	9:00 Foot Care	9:00 Self Defense Class
9:30 Book Club	10:00 Acrylic & Oil Painting Class	9:30 Ladies Golf League	9:00 Hand Chimes	10:00 Balance and Body Movement
9:30 Ladies Golf League at Oakgreen Golf Course	10:00 Happy Travelers Preview-Natchez	10:00 Kurk-Mach Funeral Home Advanced Planning	9:00 Beg. Country Line Dance	1:15 Sheephead
10:00 Washer Box League		10:00 Video Chair Exercise	9:00 MPTC-Android Tablet Basics	1:30 Game Day
		10:30 Bike Ride-FDL Loop	10:00 Hiking	
		11:30 AARP Picnic-NFDL	10:00 Beginning Bridge	24 Saturday
		12:00 Hand & Foot	10:45 Yoga	9:00 Yoga Fit
		12:00 Canasta	12:30 Bridge	5:00 Supper Club-Fat Joes
		1:00 Movie-Hidden Figures	12:30 Mahjong	5:00 Social; 5:30 Dinner
		1:00 Recreational Sheephead	1:00 Cribbage	25 Sunday
		1:00 Genealogy Group	5:45 TOPS #0566	
		1:15 Sheephead	6:00 Country Line Dancing	
		7:00 Stamp Club	6:30 Alzheimer's Support Group	
		7:30 Wed Night Dance		
		Happy Travelers Trip-Fireside		
26	27	28	29	30
8:00 Newsletter Assembly	9:00 Tai Chi	8:30 SCAMP	8:00 Skat	9:00 Self Defense Class
9:00 Low Impact Chair Exercise	10:00 Hiking	10:30 Hand Chimes at Touchstone NFDL	9:00 MPTC-Android Tablet II	10:00 Balance and Body Movement
9:00 Woodcarving Club	10:00 Acrylic & Oil Painting Class	9:30 Ladies Golf League at Oakgreen Golf Course	10:00 Hiking	1:15 Sheephead
9:30 Ladies Golf League at Oakgreen Golf Course	12:30 Bridge	10:00 Jam Session -All Instruments welcome	10:00 Beginning Bridge	1:30 Game Day
10:00 Washer Box League	1:00 Bingo-Sponsor: Lincoln House	10:00 Video Chair Exercise	10:45 Yoga	7/1 Saturday
	1:00 Mahjong	12:00 Hand & Foot	12:30 Bridge	9:00 Yoga Fit
	1:00 Stitchery Group	1:00 Recreational Sheephead	12:30 Mahjong	7/2 Sunday
	1:00 Drawing & Watercolor Class	1:00 Genealogy Group	1:00 Cribbage	
	2:00 Community Cares	1:00 Sheephead	5:45 TOPS #0566	
	3:15 Cardio Drumming	1:15 Umbrella Brigade	6:00 Country Line Dancing	
	6:00 Winnebago Woodworkers at NFDL HS	1:00 Wed Night Dance	Happy Travelers Trip-West of the Lake Gardens	
	6:30 Senior Dining-Gino's Social at 5:30			

Don't forget to renew your Friend's Membership for 2017

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards.

Billiard Room open daily for open Pool

Gift Shop is open : 10-4 Monday-Friday and 4-6 Thursday

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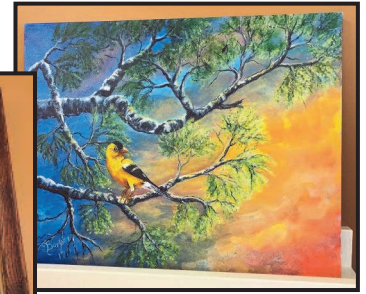
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

D 4C 01-1122



Come check out the artwork in Rooms 1, 2, 3 and 4 at our Center! They were all created by our very own artists and participants. Aren't they just beautiful!?



COMPUTER CLASSES



The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at (920) 922-8611 or 1-800-472-4554.



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS	TIME	TOTAL	INSTRUCTOR	COST (62+)	COST
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WHICH SMART PHONE IS RIGHT FOR YOU

103-665-10202	T	June 13, 2017	1 day	1:00pm-2:55pm	2 hours	K. Kraft	\$12.60	\$15.30
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iPhone or Android? With so many smart phone manufacturers; Apple, Samsung, LG, Motorola or the many other manufacturers of Android devices, it can be difficult to know which one will meet your needs. In this case, we will compare the features of the top brands on the market and determine which smart phone is right for you.

ANDROID TABLET BASICS

103-697-10204	R	June 22, 2017	1 day	9:00am-11:55am	3 hours	K. Kraft	\$20.70	\$26.10
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Explore the basic functions of the Android tablet. Become familiar with the controls, settings and downloading app features of your Android tablet. Bring a fully charged Android tablet to class. Please bring your log-in information and passwords to class.

ANDROID TABLET II

103-698-10205	R	June 29, 2017	1 day	9:00am-11:55am	3 hours	K. Kraft	\$20.70	\$26.10
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This course will help you get the most out of your Android tablet by expanding the information you learned in the basics class. Learn more about pre-installed apps, data management, camera, contacts, email and more. Bring a fully charged Android tablet to class. Please bring your log-in information and passwords to class.

Happy Travelers

Be a Happy Traveler... We're going places!



-WE'RE GOING PLACES

Happy Travelers' Office 322-3635/322-3633
happytravelers@fdl.wi.gov

Hours: Monday—Thursday 9:00 a.m. to 3:00 p.m.

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- Sign up for trips as soon as possible to prevent cancellation. Most of our vendors require deposits months before actual date of trip.

TRIP PREVIEW

Tuesday, June 20 at 10 AM



Natchez

Trip Dates: April 8-15, 2018

HIGHLIGHTS

8 Days • 13 Meals

- Abraham Lincoln Presidential Museum and Home
- Vicksburg National Military Park
- Ruins of Winsor Plantation
- Slanton Hall, a Greek Revival mansion
- Morgan Freeman's Ground Zero Blues Club & MORE!

Please call the Front Desk at 322-3630 to sign up!



LAST CHANCE;
CALL NOW!

TOMMY GUN'S GARAGE

Thursday, June 8

Join us as we get a glimpse of what it was like back in the 1920's when gangsters ruled the Chicago area. See the bygone era that defined Chicago. Names like Al Capone, Lucky Luciano, Frankie Yale, Johnny Torrio, and "Big" Jim Colosimo were household names. From bootlegging and prostitution, knives and guns, notorious street gangs and family-run crime organizations. Be part of this interesting interactive dinner show. Learn a new language: So what's the **Beef**, get on the **Horn** and reserve your seat today, it won't cost ya a big **Wad**. Don't be a **Patsy** or you may end up in **Bracelets** and in the **Jug**. Bring your camera for a **Mug Shot** with the **Bucket**!



There will be time to explore the City of Chicago - shop the Magnificent Mile

\$127 Dinner Included (that's only 6 Double Sawbucks, a Fin and two bills)

Wisconsin State Fair A

Wednesday, August 9
\$52 DT

See what is new at the State Fair
Over 200 concession stands, 86 different "food on a stick," exhibits including textile, craft, culinary and Agriculture / livestock.
Don't forget about **cream puffs!**

Sign up today!



5 Blue Haired Ladies E *Sitting on a Green Park Bench* Memories Theater; Port Washington **Tuesday, August 15** **\$85 IN**

Age is just a number! Laughter is the best medicine—come join us as we laugh off the years with this fast witted comedy where the 'Grim Reaper' isn't so grim—It's like Sex and the City on Sanatogen.

Don't miss out on this great show!



Limited seating available for these trips. Call soon to save your spot!

Day Trips:

Back to the 50's w/ Steve Watts \$105 IN
Wednesday, June 21; 8:15 a.m. to 6:00 p.m.

Timber Rattlers \$40 DT
Tuesday, June 21; 10:30 a.m. to 4:00 p.m.

West of the Lakes Gardens \$76 IN
Thursday, June 29; 8:30 a.m. to 5:30 p.m.

Crock of Schnitzel \$85 IN
Tuesday, July 11; 10:45 a.m. to 5:30 p.m.

Arlington Horse Races \$70 DT
Thursday, July 20; 7:30 a.m. to 9:45 p.m.

We need 10 more people!

Oneida Casino \$60 IN
Wednesday, August 23; 10:30 a.m. to 6:30 p.m.

Extended Trips:

SS Badger, Ford Museum & Frankenmuth
4 Days, Wednesday-Saturday, August 2-5
\$575 double; 5 meals included!

Activity Levels

- E **Easy:** Easy programs involving minimal walking and not too many stairs
- M **Moderate:** Expect to walk up to a mile a day or to stand for an extended period of time
- A **Active:** You will likely walk as much as two miles a day and potentially climb stairs

Reminders:

- For travelers who signed up for the Yellowstone & Glacier Adventure Tour: the document meeting will be on **Monday, June 19 at 1:30 p.m.**—make sure you have all your needed documents!
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves time.

Ongoing Activities

SERVICES AVAILABLE

- Free computer/Internet access for Friends members
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- FDL County Department of Senior Services Dining Program.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

BRAT FRY THANK YOU

Thank you to everyone who helped make the Brat Fry fundraiser a success! It takes so many people to put this together! Special thanks to our brat fry committee, volunteers, sponsors and everyone who came out and purchased brats and burgers!



Rienzi Cemetery, Chapel & Mausoleums



Rae Nell Halbur, Family Service Counselor
N6101 Highway K • Fond du Lac, WI 54937

920-922-4543

Email: rienzi@tds.net • www.rienzicemetery.com

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REHABILITATION CENTER**

EXPIRES:
12/30/17



CODE:
9025

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Any 2 Medium Pizzas
for \$8.99 Each**

MUST PURCHASE 2 • CARRY OUT ONLY

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EXPIRES:
12/30/17



CODE:
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PRICED BUFFET AT
REGULAR PRICE, GET
\$1.00 OFF THE 2ND**

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Valid at Fond du Lac location only. Some restrictions apply. Not good with any other offer. Prices subject to change without notice.

Brown Paper Packages Gift Shop

... offering your favorite things.

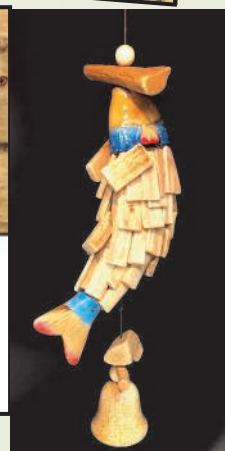
Summertime, Summertime!

*It's time to open your cottage!
Let us help you freshen your décor...*



Also, don't forget Father's Day—Sunday, June 18th. We have a great selection for all the men in your life!

Watch for our
Christmas in July
sale next month!



Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638

Open to the public— Located inside the Fond du Lac Senior Center



Ongoing Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

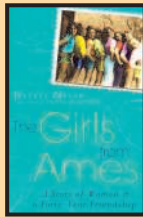
1st Tuesday: Fond du Lac Lutheran Home
2nd Tuesday (even months): Harbor Haven
2nd Tuesday (odd months): Manor Care
3rd Tuesday (odd months): Almost Family
3rd Tuesday (even months): The Meadows
4th Tuesday (odd months): Rehab Arisces
4th Tuesday (even months): Lincoln House
5th Tuesday: Visiting Angels

BOOK CLUB

**Monday, June 19
at 9:30 a.m.**

**THE GIRLS FROM AMES: A
STORY OF WOMEN AND A
FORTY-YEAR FRIENDSHIP**

The girls, now in their forties, have a lifetime of memories in common, some evocative of their generation and some that will resonate with any woman who has ever had a friend. The Girls from Ames demonstrates how close female relationships can shape every aspect of women's lives—their sense of themselves, their choice of men, their need for validation, their relationships with their mothers, their dreams for their daughters—and reveals how such friendships thrive, rewarding those who have committed to them. With both universal events and deeply personal moments, it's a book that every woman will relate to and be inspired by.



CARD GAMES

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Johanna O'Brien at 251-3759.

Thursdays: 10:00 Beginners
(subs needed)

Thursdays: 12:30 p.m. Advanced
For information or to play, call Judy Rupp at 920-477-3021.

CANASTA

**1st, 3rd & 5th Wednesdays
at 12:00 p.m.**

CRIBBAGE

Thursdays at 1:00 p.m.

REC & REG EUCBRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL

SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

(June-July: No Regular Sessions)

Melodies & Memories Choir

2nd Thursday at 3:30 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m.

Call MaryAnn at 920-960-5850 for info.

GAME DAY

Fridays at 1:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

(No Meetings in June-August)

GENEALOGY

Wednesdays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays / Thursdays at 9:00 a.m.

JAM SESSION

2nd & 4th Wednesdays at 10:00 a.m.

MAHJONG

Tuesdays at 1:00 p.m.

Thursdays at 12:30 p.m.

POOL

Open Pool daily during the summer

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Activities include Chorus, Good Deed Gals, Umbrella Brigade & more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is also available at the front desk!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

CHAR-TASTIC CRAFTERS

1st & 3rd Thursday from 6–8 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 5:45 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

(No Meetings in June-August)

The Memories Writers meet to share and preserve life experiences and family history. New members welcome!

Summer Bash!

Summer Social, Annual Raffle & 50th Anniversary Celebration

Wednesday, August 30 at 3 p.m. to 6 p.m.

Lakeside Park Pavilion

Come be part of the fun and hear first hand who wins our raffle prizes!
This is a free event and open to the public!



**Come watch ELVIS live
as entertainment!!!**

**Over \$4,500 in CASH and
PRIZES to be awarded!**



Community Announcements



\$15 for AARP members
(bring your card)
\$20 for non-members

Come to our Center and take the AARP Driver Safety class.

- Refresh your driving skills and know the new rules of the road.
- Learn about normal age-related physical changes and how to adjust your driving to allow for these changes.
- Learn research-based driving strategies to help you stay safe behind the wheel. Reduce traffic violations, crashes, and chances for injury.
- Classroom only, no driving involved.
- No tests to pass.

Fond du Lac Senior Center
Thursday, June 8
8:00 a.m. registration
8:15 a.m.—12:15 p.m. class

SUPPORT GROUPS



ALZHEIMER'S SUPPORT GROUP

Thursday, June 22; 6:30—7:30 p.m. (4th Thursday)
Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, June 20; 4:00—5:00 p.m. (3rd Tuesday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

LOCAL PARENTS OF ANGELS*

Thursday, June 1 & 15; 6:00-8:00 p.m. (1st & 3rd Thursdays)
Fond du Lac Senior Center, 151 E. First Street ~ Room 1

**The Local Parents of Angels is a support group for parents who have lost a child—it can be a recent or a long-term loss. Everyone is welcome!*

PARKINSON'S SUPPORT GROUP

Monday, June 12; 10:00—11:00 a.m. (2nd Monday)
Aurora Health Care Center
210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, June 13; 8:30 a.m. (2nd Tuesday)
Rolling Meadows Family Restaurant
947 S. Rolling Meadows Drive

*Kurki-Mach Funeral
Chapel & Crematory*

Advance Planning
Wednesday, June 21
10:00 to 11:30 a.m.

Join us for an informational session at our Center about pre-planning for funerals and its advantages. Bring your questions because our speakers will have answers!

No registration necessary. We hope to see you there!

Agnesian Topic:

Keeping Your Feet Happy

Thursday, June 15 at 10 a.m.
Fond du Lac Senior Center

Your feet must last a lifetime, and most Americans log an amazing 75,000 miles on their feet by the time they reach age 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention and care, most foot concerns can be lessened or prevented. Join Laura Suprenand, APNP, podiatry nurse practitioner, for a discussion about the most common foot issues, and how many of them can be avoided with just a little daily tender loving care. In addition, learn the importance of regular foot checks and when you should see your healthcare provider.



No registration required.
Just stop in!

Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.

THE LONGEST DAY IS ALL ABOUT LOVE

June 21st, 2017

Love for all those affected by Alzheimer's disease.



ONE DAY
June 21, 2017



**THOUSANDS
OF PEOPLE**
Doing what they love



**RAISING
MILLIONS**
For Alzheimer's

For those facing Alzheimer's, every night and day are the longest! Show them they are not alone by participating in The Longest Day—a tribute event to honor those facing Alzheimer's disease

- ⚙ **Manor Care** will be holding a **Carnival in the Courtyard** for caregivers, residents and volunteers.
- ⚙ **Lakeview Place** will be having a brat fry, outdoor games, coloring and crafts, a sip and paint and entertainment
- ⚙ **Alzheimer's Association** is asking people to "Go Purple in June!" for Alzheimer's & Brain Awareness Month.



Living Well With Chronic Conditions
Wednesdays, June 7 to July 19, 2017
1:00 p.m. to 3:30 p.m.
Located at MPTC, 235 N. National Ave

You will learn how to:

- * Find practical ways to deal with pain and fatigue
- * Lessen your frustration
- * Discover better nutrition choices
- * And much more

Registration is required, as space is limited.

To register, please call the Fond du Lac County Senior Services at (920) 929-3114.

alzheimer's  association®
alz.org | 1.800.272.3900

Living With Moderate Dementia

For family caregivers of persons with moderate Alzheimer's disease or a related form of dementia

**Three consecutive Wednesdays:
June 28, July 5 & 12, 2017**

**Aging & Disability Resource Center
50 N. Portland Street
Fond du Lac, WI 54935**

This three part program includes many topics for caregivers of individuals with moderate Alzheimer's disease or a related form of dementia. Topics to be covered include understanding the symptoms and care needs, understanding relationship changes, learning ways to maximize safety, preparation for emergencies and learning how to get respite care. Effective strategies will also be discussed regarding personal care and managing challenging behaviors.

**Pre-registration is required. Please contact
Deborah Klement at 800-272-3900.**

➤ Reach the Senior Market
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CONTACT

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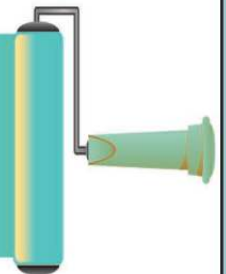
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Friends of Fond du Lac Sr. Center, Fond du Lac, WI.

F 4C 01-1122

2017 Friends Membership Application

27

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is for the 2017 calendar year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues can be paid at the same time as the Friends membership. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

June 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

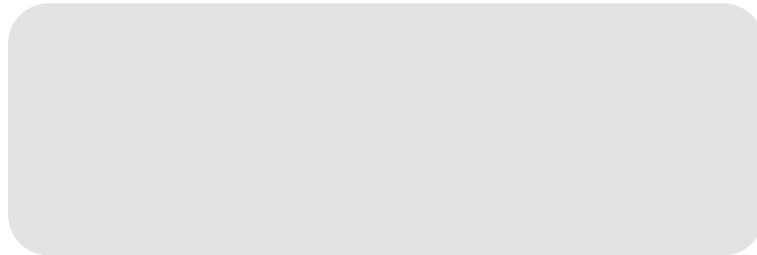
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DIRECTOR

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cloomans@fdl.wi.gov

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Mary Schneider 322-3635

TRAVEL CO-COORDINATOR

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM/OUTREACH COORDINATOR

Sarah Docter 322-3641

MARKETING/FUND COORDINATOR

Christina Thor 322-3640

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Mary Otterstatter 322-3638

CARETAKER

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MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.